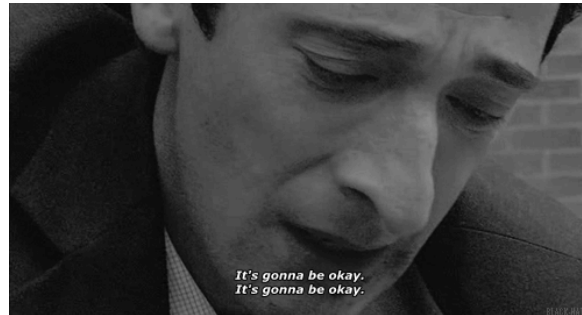


## Zero Zone / Ground Zero



I have just started to copy on the BOARD those basic, typical mistakes students often make in exercises, examinations and writings. There will be a **Zero Zone** on the upper left side of the blackboard to remind them what they must not write again.

I think I will leave the wrong expressions without the appropriate correct forms afterwards to oblige them to search and learn the right ones. Well, I will draw a cross out mark over the wrong expressions like this:

*"Me brother isn't coming".*

### **ZERO ZONE**

*fiveteen*

*Thrusday*

*she ~~ean~~s type very fast*

\*

—

**E. Fouz.-**

January, 2019



## **The best foreign languages teacher in my world**

twitter: @eugenio\_fouz




[Daniel Day -Lewis, actor]



*The best foreign languages teacher must*

- 1/ be a good reader
- 2/ be a good radio and podcast listener
- 3/ use dictionaries almost obsessively
- 4/ learn culture issues (geography, physics, history, maths, traditions)
- 5/ be an exquisite fanatic of something singular: literature and poetry, for example
- 6/ study English language everyday (theory)
- 7/ understand any kind of written text, video or audio in the foreign language
- 8/ focus on specific aspects of anything - i.e., Business English, Communication, Language, Journalism
- 9/ use new tools
- 10/ master the essentials of language: grammar, vocabulary and pronunciation
- 11/ follow good methods to learn and teach the subject
- 12/ be honest
- 13/ move, change, question himself and his strategies on a regular basis
- 14/ speak good English
- 15/ always explain matters slowly and clear
- 16/ use old tools
- 17/ do plenty of exercises on his own (practice)
- 18/ be a devoted teacher

Student, in case you see an icon like this on your MOODLE page (similar to a box divided in two parts or a number 8) –On the right of LESSON 6 in the example below:

de Suficiencia

 DO NOT USE MOBILE PHONES

6 **LESSON 6**  

**CONTENIDOS**

- GRAMMAR SYLLABUS ESL 1 (VI) POSSESSIVE ADJECTIVES; CAN / CAN'T
- Practice on learning verbs and their meanings
- GRAMMAR: can & can't
- GRAMMAR: Can, could
- Idioms I
- THEORY: May, might
- Grammar Bank 6
- THEORY (comparative and superlative adjectives) Today is the worst day ...
- Functional language 1.10
- Business Communication 6

SCAN



just click on that icon again  
& everything is gonna be alright

10:47 a

READING: Charles Chaplin



I often play tennis on Sundays

London is in England

WORDS 5

Av paper - Entregue PDF en la hora de clase.-Miércoles, 30.01.19

Notebook 1.5.1 -NOTEBOOK.-lesson 5

functional language II

VIDEO: Ryan O'Shaughnessy - Britain's Got Talent 2012

**LESSON 6**

CONTENIDOS

GRAMMAR SYLLABUS ESL 1 (VI)

POSSESSIVE ADJECTIVES; CAN / CAN'T

Practice on learning verbs and their meanings

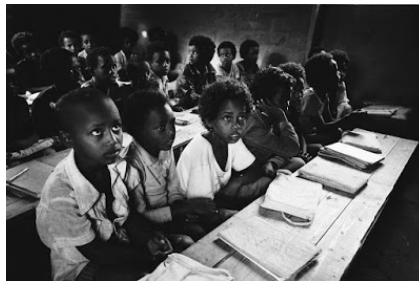
GRAMMAR: can & can't

GRAMMAR: Can could

Check how the icon 8  
turns out to be again  
like a square

#

**REMINDER TN 10**  
**Teacher's note on a revision class**  
**(Business English 2 .-third term)**  
**Eugenio Fouz.-28.04.18**



- 1/ textbook (exercises, listenings, practice)
- 2/ wordlists (list of words, basics: days of the week, numbers, verbs, idioms)
- 3/ SMS (sentences to translate from English into Spanish)
- 4/ audios (CDs, songs, dialogues, textbook material, extras via @moodle)
- 5/ readings
- 6/ notebook (writing, consolidation, vocabulary, grammar, exercises, sentences, homework)
- 7/ functional language (useful communication in the classroom, formulaic language)
- 8/ board (drawings, words, analyses, reminders, verbs)
- 9/ topics on Business English (urban legends, phone protocols, CVs, good manners)
- 10/ communication (talks, pronunciation, choir work, revision)

\*\*

NOTA del PROFESOR de: (Asignatura)

A/A padres del alumno:

Curso y grupo:

Estimados Sres:

por la presente les comunico que su hijo / a no aprovecha de manera satisfactoria las clases de .....que imparto. Después de haberle llamado la atención más de una vez para tratar de hacer mi trabajo, el alumno desoye / ignora las indicaciones y .... (Duerme, protesta, contesta fuera de tono) Les agradecería que hablasen con él /ella y que a partir de esa conversación se observase un cambio para bien en su actitud y rendimiento académico.

Por favor, háganme saber que han recibido esta nota

Atentamente,

.....

Murcia, a .... .....de 2017

---

**TOMORROW IS MY  
EXAM BUT I DON'T  
CARE BECAUSE A  
SINGLE SHEET OF  
PAPER CANNOT  
DECIDE MY FUTURE**

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# Essential websites for English language practice

30 October 2017



London, 1960 (@historyinmoment)

\*

1.esl.fis.edu: dialogues, communication.–creative site

**<http://esl.fis.edu/index.htm>**

\*\*

2. Learn English Feel Good: exercises, choice.– attractive pages

**<https://www.learnenglishfeelgood.com>**

\*

3.eslfast: dialogues, audios.– ideal for communication

**<https://www.eslfast.com>**

\*\*

4.rong-chang: short, easy texts, big letters.– reading

**<https://www.rong-chang.com>**

\*

5.BusinessEnglishSite: specific website on Business English.–plenty of practice

**<https://www.businessenglishsite.com>**

**Eugenio Fouz.-  
301017**

## Correction work in notebooks



#182410244

To have a bloc or notebook entails an obligation for you in the classroom. The notebook looks like a passport. A passport is a document with memory of your trips, places where you have been. In other words, a passport is the memory of the work you have done.

The teacher must revise the correctness of the exercises done or undone. However, bear in mind that the revision of your passport/notebook is just a quick teacher's bird's-eye view. Note that the work you do in your notebook is mainly useful for you. The assessment of notebooks reminds you the importance of practice and reinforcement of basic theory concepts.

Sometimes you only need to check words from English dictionaries - OED.com, dictionary Cambridge.org, some handouts, or online reliable websites. [Reliable websites are British Council.org, BBC.co.UK, Oxford.co.UK, et cetera]

Most exercises suggested by the teacher require copy & paste job, that is to say, you have to take words or verbs out of a wordlist (cf. @moodle, coursebook, handbook, literary texts) and pass them to the pages in your bloc.

**E. Fouz.-  
181118**

## **Coping with Cell Phone Addiction**

By John M. Grohol, Psy.D.

-via <https://psychcentral.com/lib/coping-with-cell-phone-addiction/>



~ 3 min read

As cellphones have become prevalent in modern society, some people have a significant issue with not being able to disengage from their cell phone. So-called “smart phones,” which combine functionality of an organizer, browsing the Internet, playing tunes, and taking pictures, only worsen the reliance on one’s cell phone. While using such devices for everyday tasks, work, and socializing with friends and family is perfectly normal, not being able to put them down while engaged in a conversation with your significant other or a friend who’s sitting in front of you may denote an increasing problem.

According to research on cell phone addiction, addiction danger signs included running up huge bills and having irrational reactions to being without a phone if you forgot or lost your mobile.

According to that same research, 22 percent of these people considered themselves to be heavy or very heavy users and 8 percent had experienced monthly bills that were over \$500.

### What to Do to Better Cope with Cell Phone Addiction

If you feel like you can’t part from your cell phone or have run up huge bills unexpectedly, don’t worry, there are some steps you can take to bring your relationship with your cell phone back down to earth.

1. Track your cellphone use. Yes, it’s a pain to do, but the more you keep track of the time you spend messaging or talking on your cellphone, the better you’ll be able to control it. Jot down in a notepad when you’re talking, messaging, or conducting other activities on the phone. Keep the journal for a week’s time, then review the amounts of time you’re spending on each activity.
2. Start the weaning. Now that you know you’re spending 10 hours a week on messaging, it’s time to start cutting back. Take it slow and start with the least important activity you use your phone for. Commit to reducing the time spent on that phone activity just 10% the first week. So if you’re spending 10 hours a week on messaging,

aim for 9 hours the next week. That means being more conscious each time you're using the phone for that activity, and trying to cut things short sooner rather than later.

3. Commit to being in the moment. One of the reasons people use their cell phones as much as they do is to be with another person in another place. That's fine when we're waiting in line at the post office, but less acceptable when your significant other or a friend is trying to have a conversation with you. Commit to turning the cell phone off, or at least putting it away out of sight, when engaged in a face-to-face conversation with another person. It's not only helpful to your addiction, it's far less rude and you may be surprised to learn you'll regain these people's respect.

4. You don't need that kind of connection. So many people spend so much time on their cellphones because they believe it is a necessary part of their connections with others, or with their ability to be reached and respond instantly to any and all kinds of communications. For what purpose? If you need such hyperactive connectivity, that suggests something isn't entirely healthy with some of those relationships to begin with. Quality social, work and romantic relationships aren't built on 180 character sarcastic notes constantly exchanged with one another. While it's fun for a time, it's not going to lead to a higher-quality relationship or a better, more enjoyable life (especially if it's creating anxiety and problems in your existing life).

5. You're not as important as you think you are. Some people check email via their cell phone incessantly (e.g., "crackberry") because they believe something so important might come up it requires their immediate attention. Sure, I can understand in some positions, some jobs, that's true. But for 99.9% of people and jobs, it is not. Even if you're the CEO of a company, there's virtually nothing that could come up that can't wait until you get back to the office. Remember, if it's that important, someone will call you.

6. Turn it off. Yes, that's right. Turn it off. There's nothing you need to do in the middle of the night that the cell phone will alert you to that won't be there in the morning (unless you happen to be the President, then you might want to keep your cell phone handy). By turning it off and putting it away, you're taking back conscious control of your life and this little piece of technology. Instead of it calling to you, you're telling it, "Hey, I've had enough for one day. Seeya in the morning." Set a deadline every evening for a time to retire the technology, and then don't check or use it again until the next morning.

7. Technology works for us, not the other way around. If technology is taking control of your life — creating stress, anxiety, arguments with other people in your life, or financial hardships — then you have a backwards relationship with technology. Technology works for us. If it's not working for you, you're chosen to be on the losing side of the relationship, and it's time to put a stake in the ground and take responsibility and control for your use of the technology. Set aside specific times of the day or evening you will use your cell phone, for instance, rather than checking it every moment you get.

Cell phone addiction doesn't have to ruin your life, your work, or your relationships with others. If these tips still don't help, it might be a sign that cell phone addiction is more of an issue in your life than you realized. A psychotherapist who has experience in treating addictions can often help in such a case, and it is a treatment you should explore if you can't reduce cell phone use on your own.

231017

attendance  
punctuality

excuses + paper authorizations

\*\*

AV.deadline -3 numbers- marking  
notebook. icon BOARD. grammar syllabus 1, 2

BOOK, Pr. File exercises  
BOOK. Lesson. AUDIOS, words, dialogues

\*\*

Conjugation of verbs, nouns, idioms, choir, pronunciation, dictation, texts,  
reading, writing, dialogue peer, specific topics, Aula Virtual, worksheets,  
SURPRISE TESTS, notebook revision, PPA, oral work

word lists, verb lists, conjugation of verbs, free listening, videos

Functional language

\*\*

planning of exercises, theory, links, videos  
planning of tests, controls, notebook revision, worksheets, handouts, reminders

\*\*

conjugate present, past, future verbal tenses  
Homework:  
conjugate the present NEG of TO EAT  
conjugate the present INT of TO FORGET  
conjugate the past NEG of TO CALL  
conjugate the past AFF of TO LISTEN

\*\*

## 7 points



1/book.practice file.theory.oral.board.functional language

2/audios

3/words (@moodle).idioms.abbreviations.false friends.

4/PPA

5/notebooks

6/AV.tasks.GIFs.audios.exercises

7/worksheets.tests

—

**E. Fouz.-**

181118

## **A strategy of my own to be good at English language**

twitter: @eugenio\_fouz



### Personal note:

read books: essays, poems, articles, novels

use dictionaries

speak English

work pronunciation

listen to the radio (BBC, euronews alive)

study grammar (Swan, Murphy)

practise continuous self-evaluation

participate on social networks (Twitter, Facebook)

deal with phonetics

be curious about culture

travel to the UK and English speaking countries

skype

watch YouTube videos

read English newspapers (The Huffington Post, The Daily Mail)

### Professional note:

move around the classroom, speak English, use dictionaries

3.11.2017